

NEWS BRIEFS

**Come meet the SECAF**  
Wolf Pack members have the chance to meet Secretary of the Air Force Michael Wynne during a SECAF call at 10 a.m. Wednesday in Hanger 3. The SECAF call is a mandatory event and all Wolf Pack members should be in place no later than 9:40 a.m. Dress for the event is BDUs.

**Personnel briefings**  
Personnel Services Delivery transformation briefings are scheduled for 8 a.m., 10 a.m., 5 p.m. and 7 p.m. Monday and Thursday at the base theater. The PSD-T is an initiative to allow Airmen to use technology to conduct routine personnel and pay transactions via web-based applications and contact centers. PSD-T will enable Airmen to manage more of their personnel business the same way with fast, efficient, easy and accurate online personnel services. For more information on PSD-T or the upcoming briefings, contact the MPF at 782-7219.

**LRS licensing hours**  
The 8th Logistics Readiness Squadron's hours for licenses have changed. The office is open from 9 a.m to 4:30 p.m. Mondays through Fridays. Off base driving tests are still administered at same times.

**English teachers needed**  
Public affairs needs 60 Airmen to teach English to local schools. Call 782-4705 for more information.

HELP THE WOLF PACK GO  
SUPERSONIC!

Raised to date: 88%

The 8th Fighter Wing's 2006 goal: \$35,997



Photo by Staff Sgt. Erien Clark-Chasse  
**Army Sgt. Jeryn Prince, 2-1 Air Defense Artillery Charlie Battery supply sergeant, mans a .50-caliber machine-gun bunker to help protect the battery and the Wolf Pack from a simulated ground attack March 9. All Patriot units on the Korean peninsula are participating in wartime missions throughout the month. Look for coverage on this unique training in the March 24 edition of the *Wolf Pack Warrior*.**

Kunsan pilot safely ejects

F-16 splashes into West Sea; ROKAF praised for swift rescue

By Capt. Richard Komurek  
*Wolf Pack public affairs*

A Wolf Pack F-16C Fighting Falcon, assigned to the 35th Fighter Squadron, crashed into the West Sea during a routine training mission 9:30 a.m. Tuesday.

The aircraft carried one pilot, Capt. Donald Siegmund, who ejected safely and was rescued by a Republic of Korea Air Force helicopter at approximately 10:25 a.m.

The pilot was transported immediately to the base medical clinic and was reported as being in good condition during the post-incident physical.

8th Fighter Wing leadership praised the swift response of the ROKAF HH-60, which recovered the pilot from the waters of the West Sea, estimated at 41 degrees Fahrenheit by base weather officials.

“Wednesday’s rescue shows the great cooperation and support we receive from our ROKAF partners and reaffirms the benefit of joint training,” said Col. Brian “Wolf” Bishop, 8th FW commander. “We’re very happy the pilot has been safely recovered and is back at Kunsan in good condition.”

The cause of the accident is unknown and is under investigation by a board of qualified officers.

In this week's issue ...

Got CCAF?

Wolf Chief wants you to get a CCAF degree

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Swoop down on the HAWC for nutrition

See Page 5

See which Wolves took 7 AF awards

See Page 8

Wolf Weather

6-day Forecast

<div>Saturday</div> <div> Hi/Low 48/36</div> <div>Showers</div>	<div>Sunday</div> <div> Hi/Low 43/35</div> <div>Sunny</div>	<div>Monday</div> <div> Hi/Low 50/35</div> <div>Sunny</div>
<div>Tuesday</div> <div> Hi/Low 53/38</div> <div>Partly Cloudy</div>	<div>Wednesday</div> <div> Hi/Low 51/38</div> <div>Partly Cloudy</div>	<div>Thursday</div> <div> Hi/Low 47/37</div> <div>Mostly Sunny</div>



# Got CCAF?

By Chief Master Sgt. Kevin Ludwig  
8th Fighter Wing command chief

Have you ever heard the motto “the foundation of liberty is knowledge?” I hope you have, for this is the motto of the Community College of the Air Force, or CCAF. Truer words were never spoken. Our pursuit of knowledge — along with life and work experiences — provides all that’s necessary for us to unleash our human talent, to better develop our Airmen, execute our wing and Air Force missions, command the future and ensure all are safe in doing so. Your pursuit of knowledge needs to start with completing and earning a Community College of the Air Force degree.

As early as 1972, our Air Force leadership envisioned that Air Force enlisted personnel would need improved educational programs to meet future technological and leadership challenges. The result of this vision enabled CCAF to provide educational opportunities for us to combine technical training with general education course work from civilian accredited colleges. To date, CCAF offers 66 degree programs in five general areas and conferred more than 258,000 associate in applied science (AAS) degrees. CCAF is the largest community college in the world and is the only community college in the Department of Defense.

Why a CCAF degree you ask? We all came into the Air Force because we wanted to do something better with our lives as we serve our country. A CCAF degree enables you to do just that ... a CCAF degree has value ... value for you and our Air Force. CCAF allows us an opportu-

nity to pursue our educational goals at the same time we serve. Our Air Force has long recognized the value of the enlisted Airmen while at the same time recognizing the growing and more demanding technical, managerial and leadership challenges we face everyday with every mission. So what can be better than CCAF? CCAF links Air Force technical training and expertise with collegiate general education requirements. The result: an education program nationally recognized that formally prepares you for career and life.

What will happen if you don’t have a CCAF degree? Nothing. And I do mean nothing! Over 82 percent of eligible regular Air Force enlisted Airmen are enrolled in CCAF. Our Air National Guard nears 93 percent enrollment and our Air Force Reserve Command has 88 percent. Starting to feel like you’re missing something if you are not enrolled in CCAF? You are! You are limiting our Air Force capabilities and more importantly, and equally sad, you are limiting yourself. You can probably list pages of excuses as to why you haven’t enrolled in or completed your CCAF degree. Excuses don’t get the job done. Excuses tend to multiply the longer you delay. The time you invest in a CCAF education is an investment in yourself, your future and even your family. So how do you start this investment ... this educational journey? Put down the remote or the X-Box and checkout the CCAF on-line catalog and call the base education officer. Last year, our base education office issued over \$1 million

in tuition assistance for our Wolf Pack Airmen. Plus, our Rosenblum Memorial Library, right here on base, has more than 5,280 square feet of space filled with 23,000 volumes, 3,500 CDs, 2,000 videos and 28 computers that service an average of 350 Airmen daily. So we have the technology and resources and you have no excuses.

You’ve got to want it ... you’ve got to want to complete your education. For I do believe a CCAF education directly correlates to leadership and better-prepared leaders. I encourage our senior enlisted leaders to challenge our young enlisted Airmen to have their CCAF degree complete by end of their first enlistment, encourage our junior NCOs to complete within the next year, and for SNCOs ... there is just no excuse not to have your CCAF. Our Air Force promotes an individual with the potential to succeed at the next higher grade. So leave no doubt about your potential by having your CCAF degree complete. Also, please don’t spread the “notions” among our enlisted Airmen that “we’re not officers and don’t need a degree to get promoted” and “I didn’t need a degree to enlist.” Usually I hear this from someone who just doesn’t want to take the

time to improve and educate himself or herself. Agreed, there is no degree requirement to enlist in our Air Force or otherwise. However, all things being equal between two enlisted members, I’ll recommend every time to a commander or fellow SNCO the enlisted Airmen who have their CCAF degree. Why? I know they are better prepared, more technically competent and have improved problem-solving skills.

Still wondering about the CCAF value for you and our Air Force? For you: better self-esteem, improved job performance, an achieved personal goal, basis for your academic future and credibility in the civilian job market. For our Air Force: a better leader, a more critical thinker and analyst and robust competence — not only did you enhance your competence but you’ll enhance the competence of your fellow enlisted members for you now have the “smarts” to better prepare them for task and mission. We live in a fast-paced and evolving society along with the increasing demands of our profession of arms. The secret to your success and ultimately the success of our Air Force is an education ... and a CCAF education! So don’t delay, get started today. Got CCAF?



Photo illustration by Senior Airman Stephen Collier

## National Women’s History Month agenda

### Bake Sale Today

Wolf Pack members can help themselves to a bake sale at the base exchange food court from 10:30 a.m. to 1 p.m. Proceeds will be donated to the Susan G. Komen Breast Cancer Foundation for breast cancer research.

### Essay Contest

#### Now until Thursday

The National Women’s History Month committee sponsors essay submissions for the month of March. The theme for this year is “Builders of Communities and Dreams.”

### Fun Run and Walk

#### Saturday

A fun run and walk officially kicks off National Women’s History Month events at 9 a.m. at the fitness center. The Wolf will be present to cut the celebratory ribbon and address the audience.

### Women’s Forum

#### Tuesday

The NWHMC hosts a women’s forum from 11:30 a.m. to 1 p.m. in the Old’s Room at the Loring Club. The forum will express to and educate Wolf Pack members on issues effecting women.

### NWHM Luncheon

#### March 31

The NWHMC hosts a luncheon from 11:30 a.m. to 1 p.m. at the Loring Club. Col. Lawra “Hawk” Lee is this year’s guest speaker. Tickets cost \$8 for club members and \$10 for non-members.



Photo by Senior Airman Stephen Collier

## ACTION LINE

The Action Line is a direct line to me. Call 782-2004 and include your name, telephone number and a brief description of your problem. You can also send an e-mail to 8 FW/CC Action Line.

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March 17, 2006



‘Defend the Base, Accept Follow-on Forces,  
Take the Fight North’

#### EDITORIAL STAFF

Col. Brian Bishop ..... Commander, 8th Fighter Wing  
Capt. Richard Komurek ..... Chief, public affairs  
1st Lt. Brooke Brander ..... Deputy, public affairs  
Master Sgt. Anthony Davis ..... Superintendent, public affairs  
Staff Sgt. Erien Clark-Chasse ..... Chief, internal information  
Senior Airman Stephen Collier ..... Editor  
This edition of the Wolf Pack Warrior is a funded Air Force newspaper and an authorized publication for members of the U.S. military services overseas. Contents of the Wolf Pack Warrior are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force. The editorial content is edited, prepared and provided by the 8th Fighter Wing Public Affairs Office of Kunsan Air Base, Republic of Korea. All photographs are Air Force photographs unless otherwise indicated.  
**SUBMISSION POLICY:** Deadline for submissions to the Wolf Pack Warrior is noon Thursdays for the next week’s edition. Submission does not guarantee publication. The staff reserves the right to edit all submissions to conform to Air Force journalism standards, local style and available publication space. Submissions should be e-mailed to WolfPack@kunsan.af.mil and include the author’s name, rank and duty phone. Fax and typewritten submissions are also accepted.  
**HOW TO REACH US:** People with questions, comments, suggestions or submissions can contact the public affairs office at: 8th FW/PA, PSC 2, Box 2090, APO AP 96264-2090. We can also be reached by phone at 782-4705, by e-mail at 8FW/PA, WolfPack@kunsan.af.mil, or by fax at 782-7568.

## PHONE NUMBERS TO USE

AAFES Customer Service ..... 782-4426  
Area Defense Council ..... 782-4848  
Base Exchange ..... 782-4520  
Chapel ..... 782-4300  
CES Customer Service ..... 782-5318  
Commissary Manager ..... 782-4144  
Civ. Personnel Office ..... 782-4570  
Education Office ..... 782-5148  
Dining Hall ..... 782-5160  
Fitness Center ..... 782-4026  
Golf Course ..... 782-5435  
Housing Office ..... 782-4088  
Inspector General ..... 782-4850  
IDEA Office ..... 782-4020  
Law Enforcement Desk ..... 782-4944  
Legal Assistance ..... 782-4283  
Military Equal Opportunity ..... 782-4055  
Military Pay ..... 782-5574  
Military Personnel Flight ..... 782-5276  
Medical Patient Advocate ..... 782-4014  
Network Control Center ..... 782-2666  
OSI ..... 782-4522  
Public Affairs ..... 782-4705  
Sexual Assault Response ..... 782-7252  
Telephone Repair ..... 119



IDS survey allows Wolf Pack to voice opinions

By Capt. Teresa Baptiste  
8th Medical Operations Squadron

The Integrated Delivery System Working Group sponsors the 2006 Community Assessment Survey of service members, spouses, reservists and reserve spouses. This survey is the best way for Air Force community members to make their opinions and needs known.

The results of the survey are used by base leadership and the Air Force to target resources where they are most needed and enhance the well-being of the community.

Air Force community members at bases world-wide are randomly selected to participate in the study. A notification letter that includes a link to the Web-based survey will be sent out to the work e-mail address of each active duty member selected to participate (spouses will be sent a letter in the mail with the Web link). Participation is crucial to the suc-

cess of the project; selected service members are strongly urged to take part.

“The 2006 Community Assessment Survey is a top priority,” stated Capt. Teresa Baptiste, 8th Medical Operations Squadron IDS executive. “It’s the best way for us to listen to community members and then provide services to help them meet their needs and the needs of their families. It allows them to express their opinions anonymously so partici-

pants can respond openly and honestly to issues that affect them every day.”

Survey responses can directly influence family services and related support activities at local bases and throughout the Air Force.

In fact, results from previous Air Force community assessments have impacted the policies and programs that support families at every level of the Air Force, according to Capt. Baptiste.

“The 2006 Community Assessment Survey provides community members a wonderful opportunity to improve the Air Force community,” she said. “We hope those selected will do everything they can to respond to the survey as quickly as possible.”

This year’s survey at Kunsan is particularly important. As part of a Department of Defense sponsored initiative, this year’s community assessment, along with some supplemental questions, will be used to direct additional resources to help servicemembers and families base wide.

Base agencies will be working with researchers to ensure that this year’s survey results are used to maximum benefit.

If you have any questions regarding the 2006 Community Assessment Survey, please contact your local Integrated Delivery System Chair at 782-4562.

At a glance ...

What IDS can do for you

- Financial counseling – IDS can help expand financial counseling programs to servicemembers and their families
- Support networks – The IDS system allows for developing a user-friendly network for Air Force single parents.
- Marriage support – IDS can network junior enlisted members and their spouses to assist with marriage support through seminars.

Airman found not guilty in rape trial

By 1st Lt. Brooke Brander  
Wolf Pack public affairs

A general court-martial ended Wednesday for an airman stationed at Kunsan.

Senior Airman Wayne Williams was found not guilty on one charge and specification of rape in violation of Article 120 of the Uniform Code of Military Justice.

The alleged incident took place Oct. 9. Airman Williams and a female servicemember were socializing at the Loring Club until closing time at 2 a.m. Oct 9. At that time, the female servicemember asked Air-

man Williams to escort her to her dormitory.

The prosecution argued that Airman Williams allegedly had sex with the female servicemember while she was passed out due to intoxication. The alleged act was reported by the female servicemember through her chain of command and to the Office of Special Investigations, or OSI. The female servicemember reported the alleged rape on Oct. 11.

The airman requested to have his case decided by a judge alone versus a panel of officers. The military judge presiding over the case was Lt. Col. Eric Dillow from the

Pacific Circuit, Yokota AB, Japan.

Airman Williams was represented by Area Defense Counsel Capt. Jonathan Wasden, Misawa AB, Japan and Circuit Defense Counsel Capt. Elizabeth Pullin, Yokota AB, Japan. The Assistant Trail Counsel in the case was Capt. Adam Cook, 8th Fighter Wing and Circuit Trial Counsel was Maj. Jeffrey Ferguson, Yokota AB, Japan.

Had Airman Williams been found guilty, he could have faced a possible maximum sentence of life in prison without the possibility of parole.



- Members who stay in billeting or a hotel while PCSing into or out of Kunsan have to claim Temporary Lodging Allowance. It's important for members to understand that Finance can't split-disburse TLA payments to their government travel card. TLA payments are made to members via their paycheck.
- Members must file TLA thru the housing office on an Air Force Form 1357 every 10 days. Members can then log on to [www.myeasypayment.com](http://www.myeasypayment.com) and make a payment to their GTC online, free of charge.
- Members can verify payment of TLA on their leave and earning statement on myPay.

(Information made available by the 8th Comptroller Squadron)



(Editor's note: Information for this column is compiled via Department of Defense Web sites.)

IRAQ

Ceremony marks Iraqi base

**March 10** – The Iraqi army’s 3rd Battalion, 2nd Brigade, 6th Iraqi Army Division, assumed control of Forward Operating Base Hope during a transfer of authority ceremony March 9. “We stand in the company of those ready to accept the challenge of securing Iraq’s future,” said U.S. Army Lt. Col. Mark Bertolini, the commander of 3rd Battalion, 67th Armored Regiment. The ceremony reflects the increasing responsibility for the Iraqis as their army gains control of more

battle space throughout the region.

AFGHANISTAN

Army takes on logistics role

**March 9** – U.S. soldiers of the 10th Sustainment Brigade, Fort Drum, N.Y., assumed the Joint Logistics Command mission from the 29th Support Group during a ceremony here March 6. U.S. Army Col. Larry D. Wyche, commander of the 10th Sustainment Brigade, known as the “Muleskinners,” will now oversee the joint organization, which has personnel from every branch of service, civilians and from coalition countries.

IED kills U.S. servicemembers

**Sunday** – Four U.S. servicemembers were killed today in an improvised explosive device attack in Afghanistan. The servicemembers were traveling in an up-armored Humvee in the Pech valley in Kunar province when the incident occurred. The patrol was conducting route-clearance operations to keep the road open to civilian and military traffic. No further details were available. The names of the deceased are being withheld pending notification of next of kin.

PRIDE OF THE PACK

Tech. Sgt. Rhonda Brown-Strong

- Unit:** 8th Mission Support Squadron
- Duties:** Wartime readiness branch NCO in charge
- Hometown:** Bridgeport, Conn.
- Hobbies:** Home improvement, gardening and trips with my family
- Favorite music:** Jazz and Rythm and Blues
- Follow-on:** Randolph AFB, Texas
- Last good movie:** “Stealth”
- Best thing you’ve done here:** “Taking advantage of the various cultural tours and activities.”



“Tech. Sgt. Brown-Strong has made a positive impact throughout the wing and the community from the moment she arrived at Kunsan in August 2005.

Her performance as a manpower analyst has been beyond reproach as she expertly built the wing operations plan for more than 70 Airmen from Kunsan to participate in a month-long deployment for Operation Commando Sling recently.

Sgt. Brown-Strong showcased for the Installation Excellence Award team a \$300,000 airfield lighting upgrade that saved the Air Force \$1.5 million. Her efforts provided a clear depiction of all facets of the design which led to a coining by one of the inspectors.”

— Maj. Jarrard Galbreath  
8th Mission Support Squadron commander



## ARTICLE 15

❑ A senior airman from the 8th Security Forces Squadron received an Article 15 punishment for sleeping on post; a violation of Article 113 of the UCMJ. The Airman's commander imposed the following punishment: forfeiture of \$200 pay and 10 days of extra duty.

❑ An airman first class from the 8th Security Forces Squadron received an Article 15 punishment for failure to go and being incapacitated for duty due to prior consumption of alcohol; violations of Articles 86 and 134 of the UCMJ. The Airman's commander imposed the following punishment: suspended reduction to Airman, forfeiture of \$400 pay for two months and a reprimand.

❑ A senior airman from the 8th Medical Support Squadron received an Article 15 punishment for dereliction of duty and a false official statement; violations of Articles 92 and 107 of the UCMJ. The Airman's commander imposed the following punishment: restriction to Kunsan AB for 30 days and a reprimand.

***(Editor's note: Information for this column is provided by the 8th Fighter Wing legal office. The above individuals were punished under Article 15 of the Uniformed Code of Military Justice.)***



## A STAR IS BORN

Staff Sgt. Courtney Leahy sings her rendition of "Total Eclipse of the Heart," originally by country singer Bonnie Tyler, for the Falcon Community Center crowd during the 2006 Kunsan Idol competition Feb. 25. Sgt. Leahy placed first overall in the contest. Sgt. Leahy is a member of the 8th Medical Operations Squadron.

Courtesy photo

## Senate support essential to achieve goals in South Korea

**WASHINGTON**— Continued Senate support is essential to maintaining readiness and stability on the Korean peninsula and in the region, said the commander of U.S. and coalition forces in South Korea March 7.

"United States forces based in South Korea, along with military forces from the Republic of Korea and other regional partners, enable the promotion of long-term regional stability by continuing to deter an increasingly manipulative and provocative North Korea," Army Gen. Burwell B. Bell said in a prepared statement to the Senate Armed Services Committee.

The first South Korean national security strategy, published in March 2004, outlined the Republic of Korea's plan to enhance its capabilities for assuming greater responsibility for its defense, Gen. Bell said. It also advocated the continued transformation of the ROK-U.S. alliance and the promotion of security cooperation with other nations.

"Your continued support will ensure we achieve our transformation objectives by providing our forces with the resources needed to deter aggression and to foster peace and stability on the Korean peninsula and in the region," Gen. Bell said.

The South Korean security strategy accommodates the reduction of U.S. military forces in South Korea and the relocation of forces to south of Seoul, he said. It also provides for the transfer of a number of military missions from U.S. forces to ROK forces as the first of multiple steps toward a more self-reliant defense posture.

"In October 2004, the responsibility for the protection of the Joint Security Area at Panmunjom shifted from the United States Army to Republic of Korea forces," he said. "This mission transfer is part of the alliance agreement that recognizes the increased capabilities of the Republic of Korea military."

To date, seven of 10 planned mission transfers have occurred, he said. Gen. Bell called the successful transfers a direct reflection of South Korea's military capabilities.

A reduction in U.S. military personnel by 12,500 also was part of the agreement. Between 2004 and 2005, U.S. troop numbers fell by 8,000, Gen. Bell said, adding that this included the deployment of the U.S. 2nd Infantry Division's 2nd Brigade Combat Team to Iraq. When the team completes its

mission in Iraq, it will be restationed in Fort Carson, Colo.

Troop numbers will decline by 2,000 this year, and in 2007 and 2008, 2,500 more will leave South Korea, Gen. Bell said. This will leave an authorized end strength of 25,000 U.S. military personnel on the peninsula, he added.

"This reduction plan principally affects the 8th United States Army, which is reducing its force by 40 percent as it simultaneously restructures many of its units as part of the Department of the Army's total force transformation effort," Gen. Bell said.

The U.S. footprint in South Korea also will shrink as the headquarters elements of the U.N. Command, Combined Forces Command, and U.S. Forces Korea will relocate to Camp Humphreys in 2007. All other units currently at Yongsan Army Garrison will finish relocating by December 2008, he said.

When the realignment is complete, U.S. forces will have a less intrusive footprint, consolidating into two "enduring installations" in southern Seoul, Gen. Bell said. These moves will significantly improve the quality of life for U.S. servicemembers and also return valuable land to the Republic of Korea, he said.

The relocations are the result of the Yongsan Relocation Plan Agreement, which the Republic of Korea National Assembly ratified in December 2004. By the end of 2008, U.S. Forces Korea will have closed 59 facilities and returned a total of 36,000 acres to the Republic of Korea, Gen. Bell said.

Camp Humphreys and Osan Air Base will be expanded to accommodate the relocating troops. Gen. Bell said that continued funding and sufficient host-nation-funded construction are crucial to keeping this plan on track. Expansions at the two facilities will go a long way toward providing adequate housing for all unaccompanied servicemembers by 2007, Gen. Bell said. Barracks space for Marines and sailors assigned to Camp Mu Juk, in Pohang, will also be available, he said. Quarters for unaccompanied senior enlisted personnel and officers will get improvements also.

Funding is also needed to renew aging infrastructure. More than one-third of buildings in the command are between 25 and 50 years old, Gen. Bell said. Another one-third are classified as temporary structures.

"Our annual allocations for sustainment funding have been about 50 percent of requirements,

while restorations and modernization funding has been much less than that," he said.

But physical structures are only part of what U.S. and U.N. forces need to carry out their mission, Gen. Bell said. He noted the need for suitable training ranges, among other key components to maintaining readiness.

"While our militaries transform, it is critical that we continue to enhance readiness, and the key to enhancing readiness is ensuring unfettered access to suitable training ranges and areas for the combined forces," Gen. Bell said. He noted that training ranges in Korea are small, austere and subject to encroachment.

Joint and combined command, control, communications, computers, and intelligence systems, known as C4I, aid in the training that keeps forces ready and is one area Gen. Bell is looking to modernizing.

"Our intelligence transformation efforts are focused on three things: improving our warning posture, modernizing legacy C4I architecture and sensor suites, and improving our ability to discern intent," he said.

These capabilities are progressing but require sustained Congressional support, he said.

Theater missile defense is another area Gen. Bell is focusing on.

"The regional missile threat requires a robust theater missile defense system to protect critical Combined Forces Command capabilities and personnel," he said. "To protect critical United States facilities in Korea, we must complete upgrading the remainder of our systems with advanced theater missile defense capabilities."

Gen. Bell said that pre-positioned equipment, including weapons systems, preferred munitions, repair parts and essential supplies, are critical to maintaining the ability to reinforce the Korean theater. This is also true of logistics.

"Logistically supporting the United States Forces Korea is a complex, multifaceted undertaking," Gen. Bell said. "The proximity of the North Korean threat, coupled with the long distances from United States sustainment bases, requires a robust and responsive logistics system to support United States forces based in Korea."

With the Senate's assistance, Gen. Bell said, his command will sustain momentum and continue to build on these initiatives. (AFPN)



## March is National Nutrition Month

*Wolf Pack can swoop down on the 'HAWC' for nutritional help*

By Senior Airman Stephen Collier  
Wolf Pack public affairs

Being "Fit to Fight" isn't just about pumping iron at the gym or running that extra quarter mile during unit PT. Being completely fit to Take the Fight North encompasses a lifestyle that promotes healthy living, to include being tobacco-free, moderate in alcohol use, mentally and socially sound and keeping a balanced diet to support an active lifestyle.

To promote that lifestyle, the 8th Medical Group's Health and Wellness Center is taking advantage of March's National Nutrition Month to educate the Wolf Pack on what they can do. Master Sgt. Berny Sumulong, NCOIC of the nutrition clinic at the HAWC, knows that health is not just the absence of disease, but a state of complete physical, mental and social well-being.

"Health promotion begins with people who are basically healthy and are seeking to develop a lifestyle to maintain and enhance their state of well-being," Sgt. Sumulong said. "Our mission at the Kunsan Health and Wellness Center is to promote the health of the Wolf Pack. All we need are for members to come forward so we can help them."

Nutrition is the key to any healthy lifestyle. According to the Web site [www.obesityinamerica.org](http://www.obesityinamerica.org), supported by The Endocrine Society and The Hormone Foundation, weight gain is caused by consuming more calories than the body needs. Normally, this type of negative diet would consist of high amounts of fat and calories, adding to additional weight on the body.

Sgt. Sumulong said eating habits for each member of the Wolf Pack should be focused on proper nutrition.

"We all should focus on eating a variety of foods from the different food groups to ensure proper nutrition," he said. "Pay attention to nutrient dense foods, or, those

foods containing robust amounts of vitamins and minerals in relation to the overall calorie content, such as oranges versus candy bars. No one particular food or food group can provide you with all of the essential nutrients you need. That's why you must be sure to include a large variety of foods from all of the food groups."

And healthy lifestyles are a must for Air Force members. With the Air Force fighting the Global War on Terrorism, Sgt. Sumulong pointed out the Cold War has been over for some time and the attitude of "practicing" to pass an annual fitness test is futile.

"Let's face it, the Air Force mission is geared toward the Global War on Terrorism and we have to be ready to deploy at a moment's notice," he said. "These are the times when the axiom 'Global Reach' is put into practice everyday. Incorporating steps toward a healthier lifestyle will optimize the warfighter's total fitness and, ultimately, their ability to accomplish the mission and survive wherever they deploy."

There are also other ways the HAWC can help warfighters be ready to Defend the Base. The HAWC offers classes for tobacco cessation and stress management as well as the healthy living workshop, the fitness improvement program and the body composition improvement program. Sgt. Sumulong said the HAWC can give the Wolf Pack the proper tools to deal with specific dietary needs.

"The HAWC is not all about nutrition, however,

nutrition is an essential part of the information and education we provide to those who are looking to build better eating habits," he said. "We can help the Wolf Pack by giving them the knowledge to separate myth from fact when it comes to dieting and nutrition."

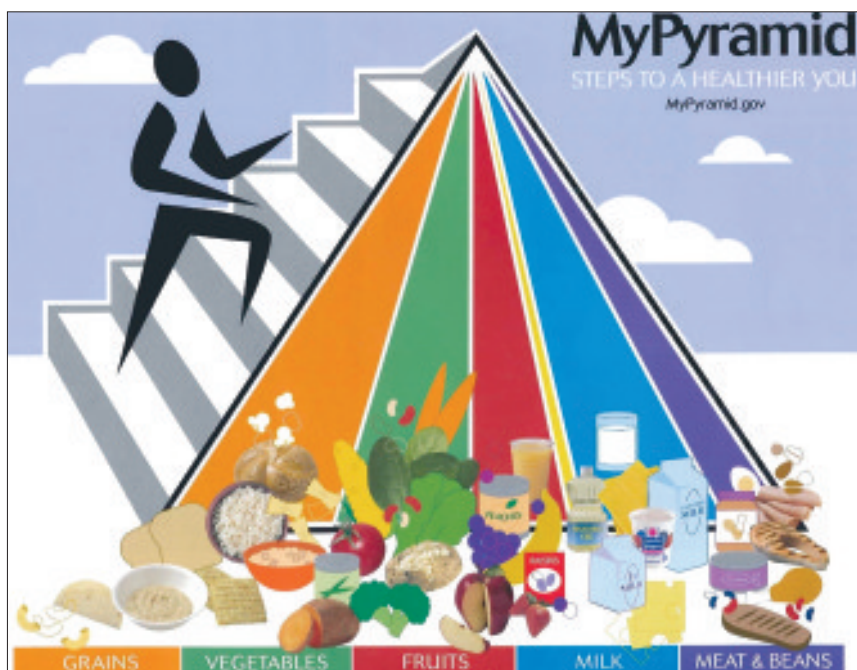
Classes are held regularly at the HAWC and members can be scheduled with their staff just by making a phone call.

The 8th Medical Group will also refer any Wolf Pack member whose primary care manager determines they can benefit from dietary counseling relevant to their needs, including diabetes, cholesterol and hypertension education.



Photos by Senior Airman Joshua DeMotts

Master Sgt. Berny Sumulong, Kunsan Health and Wellness Center nutrition NCOIC, showcases the food pyramid. The HAWC recommends a balance of grains, meats, vegetables, fruit and milk.



(Food pyramid courtesy of the U.S. Department of Agriculture Web site)



During a class on nutrition, Master Sgt. Berny Sumulong points out the differences in the size and weight of fat cells (left) compared to muscles (right).





Photo by Senior Airman Joshua DeMotts

UP AND OVER

James “Phoenix” Silva, 8th Maintenance Operations Squadron Team Two, goes for a bump against the defenders of the 8th Logistics Readiness Squadron Team Three during pre-season intramural volleyball action Monday night. The 8th MOS Team Two lost in two sets to the 8th LRS Team Three 25-20.

Volleyball kicks off at the ‘Kun’  
Fire Dawgs face off against Wolf Pack Defenders

By Senior Airman Stephen Collier  
Wolf Pack public affairs

(Editor’s note: Information for this column is compiled by intramural and varsity sports coaches. For more information on submitting sports information, call the base newspaper staff at 782-4705.)

INTRAMURAL VOLLEYBALL

PRE-SEASON COVERAGE  
Defenders take down Fire Dawgs Two 25-12

It was the battle of the emergency responders as the Defenders went up against Fire Dawgs Team Two during pre-season volleyball action March 18 at the fitness center.

It seemed as though the Defenders went into the game determined to hold back the firefighters and

thats exactly what they did. According to Fire Dawg coach Joshua Jamison, the game was pretty much one sided.

“We never got into the groove,” Coach Jamison said. “The security forces team just played us ‘til the end.”

And play them they did as the Defenders dominated with an ending score of 25-12. Coach Jamison admitted the Defenders had excellent teamwork.

“This was our first time playing as a team,” he said. “From what I can see, it will take some time to develop the teamwork that’s needed.”

Coach Jamison went on to add that, regardless of the games outcome, he could see some star players emerging.

“Our power servers Mark Potter and Robert Yatsko had really good games with their awesome serves,” he said. “They served for most of our points and they also sacrificed their bodies on many of the plays. With the season beginning, we’ve seen the areas we need to improve in.”

THE SPORTS BAR

As of Wednesday

Intramural Volleyball

PRE-SEASON

Pre-season game results

Monday

Fire Dawgs Team Two 16, 8 SFS 25  
8 MOS Team Two 22, 8 LRS Team Three 25

AMERICAN LEAGUE

Teams	W	L
35 FS	0	0
8 SFS	0	0
8 MOS Team Two	0	0
8 LRS Team Two	0	0
8 CS Team Two	0	0
8 LRS Team Three	0	0
8 AMXS	0	0
Fire Dawgs Team Two	0	0
8 CES	0	0

Upcoming games

Monday

6 p.m. — 8 CES vs. Fire Dawgs Team Two  
7 p.m. — 35 FS vs. 8 LRS Team Three  
8 p.m. — Defenders vs. 8 CS Team Two  
9 p.m. — 8 MOS Team Two vs. 8 LRS Team Two

Wednesday

6 p.m. — 8 AMXS vs. 8 LRS Team Three  
7 p.m. — Fire Dawgs vs. 8 CS Team Two  
8 p.m. — 35 FS vs. 8 LRS Team Two  
9 p.m. — Defenders vs. 8 MOS Team Two

NATIONAL LEAGUE

8 MDG	0	0
8 SVS	0	0
8 LRS Team One	0	0
8 MOS Team One	0	0
8 CS Team One	0	0
8 CPTS	0	0
8 MSS	0	0
Fire Dawgs Team One	0	0
8 OSS	0	0

Upcoming games

Tuesday

6 p.m. — 8 LRS Team One vs. 8 MSS  
7 p.m. — 8 CPTS vs. Fire Dawgs Team One  
8 p.m. — 8 MDG vs. 8 CS Team One  
9 p.m. — 8 SVS vs. 8 MOS Team One

Thursday

6 p.m. — 8 OSG vs. Fire Dawgs Team One  
7 p.m. — 8 LRS Team One vs. 8 CS Team One  
8 p.m. — 8 MOS Team One vs. 8 CPTS  
9 p.m. — 8 MDG vs. 8 SVS

Sports and  
Fitness Briefs

Coaching positions

The men and women’s varsity softball and volleyball seasons are approaching and the fitness center is accepting applications for head coach positions. To apply, submit a resume to the fitness center. For questions or for more information, send an e-mail to jason.andrews@kunsan.af.mil or call 782-4026.

Paintball season is here

Wolf Pack members can take advantage of Outdoor Recreation’s paintball field at Wolf Pack Park March 25. Two tournaments are planned for each day. To get in on the action, be at the field by 10 a.m. the day of the event. Wolf Pack members can bring their own paintball markers. For more information, call Outdoor Recreation at 782-4938.

Five-kilometer duathlon

The fitness center is hosting a five-kilometer run, bike and run duathlon at 10 a.m. Saturday. See the fitness center counter to sign up.

Racquetball shootout

The fitness center is hosting a racquetball competition at 7 p.m. Saturday. Call the fitness center at 782-4026 for more information.

(Info provided by the 8th Services Squadron)



TODAY

**Karaoke night** — The Falcon Community Center’s karaoke night runs from 9 p.m. to 3 a.m.  
**Club events** — The Loring Club’s super social hour starts at 5:30 p.m.  
**Squadron Feud** — The Falcon Community Center hosts the second round of the 2006 Squadron Feud game show at 7 p.m.  
**Late nighter** — The Loring Club serves up its monthly Late Nighter schedule.

SATURDAY

**Music request night** — The Falcon Community Center’s music request night runs from 8 p.m. to 2 a.m.  
**Eight-ball tournament** — The Loring Club hosts an eight-ball tourney beginning at 5 p.m.  
**Lake Chungju tour** — The Falcon Community Center sponsors a tour of Lake Chungju and the Korean Kosu Cave. For more information, call 782-4619.

SUNDAY

**Dominos** — Domino action starts at 7 p.m. at the Loring Club.  
**Sunday brunch** — The Loring Club serves Sunday brunch from 10:30 a.m. to 1 p.m.  
**Dollar days** — People can bowl for \$1 per game with 75-cent shoe rental at the Yellow Sea Bowling Center.  
**Halo 2 tournament** — The Falcon Community Center hosts a Halo 2 video game tourney at 3 p.m.



AFN KOREA  
NIGHTLY NEWS

CATCH THE LATEST NEWS FROM  
KUNSAN AT THE FOLLOWING TIMES:  
6:45 AND 10:15 P.M.

CHECK OUT WOLF PACK RADIO ON  
88.5 F.M. FROM 5 A.M. - 9 A.M. AND  
3 P.M. - 6 P.M. AND HEAR ALL YOUR  
FAVORITE MUSIC ON THE  
COMMANDER’S ACCESS CHANNEL.

For more information, call 782-4373

CHAPEL SERVICES

CATHOLIC SERVICES

Daily Mass — 11:30 a.m. Monday through Thursday  
Weekend Mass — 9 a.m. and 8 p.m. Sundays  
Reconciliation — Weekdays by appointment and 8 a.m. Sunday  
R.C.I.A. classes — 7 p.m. Wednesday, chapel conference room

PROTESTANT SERVICES

Traditional worship — 11 a.m. Sunday  
Contemporary praise and worship — 6 p.m. Sunday  
Gospel service — 1 p.m. Sunday  
Inspirational praise and worship service — 7 p.m. Friday

LATTER-DAY SAINTS SERVICES

Weekly service — 3:30 p.m. Sunday

CHURCH OF CHRIST SERVICES

Weekly service — 1:30 p.m. Sunday,  
Sonlight Inn

SONLIGHT INN HOURS

6 to 10 p.m. Tuesday through Thursday, 6 p.m. to midnight Friday, 5:30 p.m. to midnight Saturday and holidays.

MONDAY

**Pool tourney** — The Loring Club’s nine-ball pool tournament starts at 7 p.m.  
**Pizza special** — The Loring Club serves 50-cent pizza slices from 6 to 8 p.m.  
**Free junior-enlisted bowling** — Beginning at 6 p.m., ranks E-1 through E-4 bowl free. Limit three games per person.

TUESDAY

**Yellow Sea Bowling Center** — Ladies bowl for free starting at 6:30 p.m.  
**Dart tournament** — The Loring Club hosts a dart tourney beginning at 7 p.m.  
**Spades tournament** — The Falcon Community Center hosts a spades tourney beginning at 7 p.m.  
**Cooking class** — The Airmen support center offers a Korean cooking class from 11:30 a.m. to 1 p.m. at the Sonlight Inn. Registration required. Call 782-5644 for more information.

WEDNESDAY

**Social time** — The Loring Club’s super social hour begins at 5:30 p.m.  
**Reunion briefing** — The Airmen support center’s return and reunion briefing starts at 3 p.m. in the Health and Wellness Center classroom at the Wolf Pack Fitness Center.  
This mandatory briefing addresses challenges facing single and married military members preparing to return to their families.  
**Yellow Sea Bowling Center** — Bowl for 75 cents per game.  
**Karaoke night** — The Falcon Community Center’s karaoke night runs from 8 p.m. to midnight.

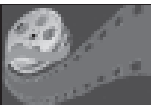
THURSDAY

**Orphanage visit** — The Airmen support center’s weekly Korean orphanage outing leaves the military personnel flight parking lot at 6:15 p.m. The weekly outings give base people a chance to interact with local Korean orphans. To register, call 782-3772.  
**Dollar day** — Bowl for \$1 per game at the Yellow Sea Bowling Center.

UP ‘N’ COMING

**Squadron Feud** — The Falcon Community Center hosts the third round of the 2006 Squadron Feud game show at 7 p.m March 25.  
**CAC tours** — The Falcon Community Center sponsors a trip to the South Korean amusement park Lotte World March 26. The deadline to sign up is Thursday. For more information or to sign up for the trip, call 782-4619.

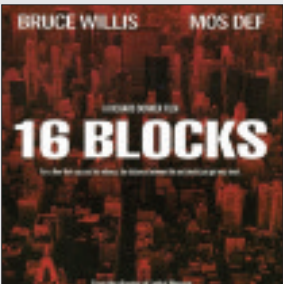
*To submit events for 7-Days, send an e-mail to WolfPack@kunsan.af.mil. Submissions are due by noon Thursday one week prior to publication and must include time, date and location of the event and the contact’s daytime phone number. For more information, call 782-4705.*



AT THE  
MOVIES

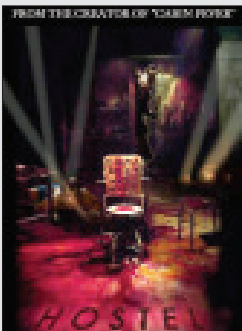
“16 BLOCKS”

**Rating:** PG-13 for violence, intense action, strong language  
**Staring:** Bruce Willis and Dante ‘Mos Def’ Smith  
**Synopsis:** A troubled New York Police Department officer is forced to take a happy, but down-on-his-luck witness 16 blocks from the police station to 100 Centre Street, although no one wants the duo to make it.  
**Show times:** 7 and 9:30 p.m. today and 9:30 p.m. Saturday



“HOSTEL”

**Rating:** R for torture, violence, sexual content, language and drug use  
**Staring:** Jay Hernandez and Derek Richardson  
**Synopsis:** Two adventurous American college buddies, Paxton and Josh, backpack through Europe eager to make quintessentially hazy travel memories with their new friend Oli, an Ice-lander they’ve met along the way. Paxton and Josh are eventually lured by a fellow traveler to what’s described as a nirvana for American backpackers — a particular hostel in an out-of-the-way Slovakian town stocked with Eastern European women.  
**Show times:** 9 a.m. Saturday and 8:30 p.m. Sunday



“THE LAST HOLIDAY”

**Rating:** PG-13 for sexual references  
**Staring:** Queen Latifah and L.L. Cool J  
**Synopsis:** After being diagnosed with a fatal disease, a shy sales clerk goes on a European vacation to live out the rest of her life. With nothing to lose — or so she thinks — her behavior becomes more irreverent and outrageous each day, only to find out later she was misdiagnosed.  
**Show times:** 6 p.m. Sunday



*(Movie dates and times are subject to change)*

WOLF PACK WHEELS SCHEDULE

Kunsan AB to E-Mart shuttle

Tickets are \$5 (departs from community center)

Weekends 10 a.m., noon, 2, 4 and 6 p.m.

E-Mart to Kunsan AB shuttle

Tickets are \$5 (departs from in front of store)

Weekends 11 a.m., 1, 3, 5 and 6:30 p.m.

Kunsan AB to Osan shuttle

One-way for \$12.50 or \$11.50 and round trip for \$25 or \$23. Discount is for Airman morale program members (departs from community center)

Monday to Thursday 7:30 a.m. and 1 p.m.

Friday 7:30 a.m., 1 and 6 p.m.

Saturday 7:30 and 10 a.m.

Sunday 7:30 a.m. and noon

Osan to Kunsan AB shuttle

One-way for \$12.50 or \$11.50 and round trip for \$25 or \$23. Discount is for Airman morale program members (departs from Checkertails Cafe)

Monday to Thursday noon and 6 p.m.

Friday noon and 10 p.m.

Saturday noon and 4 p.m.

Sunday noon and 5 p.m.

Kunsan AB to Kunsan city shuttle

One-way is \$3 and round trips for \$5 (departs from community center)

Friday and Saturday 7 and 8 p.m.

Kunsan city to Kunsan AB shuttle

One-way is \$3 and round trips for \$5 (departs from Kentucky Fried Chicken)

Friday and Saturday 11 p.m. and midnight

Kunsan AB to Incheon Airport shuttle

\$27.50 or \$25 for Airman morale program members (departs from community center)

Available daily 3:30 a.m., 2 and 6:30 p.m.

Incheon Airport to Kunsan AB shuttle

\$27.50 or \$25 for Airman morale program members (departs from gate 11)

Available daily 8:30 a.m., 7:30 and 11:30 p.m.

For details on transportation, call the Falcon Community Center at 782-4619



## Wolf Pack 7th Air Force Award Winners

SNCO of the Year Master Sgt. Richard Boulanger Jr.  
8th Operations Support Squadron

Sgt. Boulanger is the deputy chief controller assigned to the 8th OSS. He spearheaded a Federal Aviation Administration conference for military air-space expansion improving combat realism. He hails from Providence, R.I. Master Sgt. Ricardo Young, a co-worker, said he appreciates his work ethic and enjoys working with him.

Civilian of the Year (trades, crafts and laborer) Mr. Pak, Tong Hwi  
8th Logistics Readiness Squadron

Mr. Pak is a fuels distribution system operator leader assigned to the 8th LRS. He hails from Kunsan-si, Chollabuk-do. Maj. Joe Becker, 8th LRS commander, said the award encapsulates the tremendous effort and accomplishment put forth by Mr. Pak. "He is a Vietnam veteran who is able to lead and provide an outstanding example of commitment and dedication to the rest of his military and civilian counterparts," the major said.

First Sergeant of the Year Master Sgt. Robert T. Edgar II  
8th Aircraft Maintenance Squadron

Sgt. Edgar is the first sergeant for the 8th AMXS. He developed the Keep Enlisted Experience Program for more than 200-first and second-term Airmen. He hails from Lansing, Mich. Lt. Col. William Ferro, his commander, said he deserves this award. "He's a superb advocate for the health, morale, discipline and welfare for more than nine hundred enlisted members," Lt. Col. Ferro said.

Civilian of the Year (administration and technical) Mr. Yi, In Hak  
8th Communication Squadron

Mr. Yi is a telecommunication technician, assigned to the 8th CS. He coordinated a U.S. Army e-mail network solution restoring unclassified communications to Patriot batteries in one hour. He hails from Kunsan-si, Chollabuk-do. Maj. Young-Kun S. Yu, 8th CS commander, said, "He is extremely mission-focused and dedicated to supporting our Wolf Pack customers."

Civilian of the Year (manager, supervisor) Mr. Lon E. Shadel  
8th Services Squadron

Mr. Shadel is the deputy services officer assigned to the 8th SVS. He improved intramural athletics for more than 2,100 participants a year with the construction of a new batting cage facility worth \$50,000. He hails from Harrisburg, Pa. Capt. Nathan Chine, commander for the 8th SVS, said he is very pleased and proud Mr. Shadel was named the Civilian of the Year. He said the Wolf Pack and Mr. Lon Shadel are synonymous.

## Wolf Pack physical therapist named best in Air Force

By Senior Airman Stephen Collier  
Wolf Pack public affairs

A Kunsan captain took home the 2005 Air Force Company Grade Officer Physical Therapist of the Year award recently.

The award was earned by Capt. Justin Theiss, 8th Medical Operations Squadron, for his contributions to the physical therapy career field while being stationed at Keesler AFB, Miss., and at Kunsan.

Capt. Theiss said the award really acknowledges those individuals who have made significant strides to Air Force physical therapy.

"I guess you could say those who win this award contribute to service, education, research and practices that have been marked by excellence (in the physical therapy career field)," he said. "The standard of our (physical therapists) service is extremely high in the Air Force, so to win this award is phenomenal."

Getting the award didn't just happen overnight. According to the captain's award package, the physical therapist worked to increase information on his office's mission and how to prevent injuries. Also, he contributes, together with his staff, in teaching stretching techniques to unit physical training leaders, or PTLs and works as a patient advocate for the medical group. Even with these accomplishments,

Capt. Theiss admitted he couldn't have been put in for the award without the support of his staff.

"If it weren't for outstanding NCOs like Staff Sergeants Steven Aronson and Bryan Olano as well as my supervisor Lt. Col. Marlin Moore and my commander Lt. Col. Jane Hendricks-Vesel, I could never have been submitted for this award," Capt. Theiss admitted. "From the nurses to the doctors here, I truly work with some of the best-trained people in the world."

Col. Moore added that Capt. Theiss isn't just a great physical therapist, but a "cream of the crop" officer.

"Capt Theiss continues to make innovations in the PT clinic everyday," Col. Moore said. "Recently, he obtained additional training that improved access for patients suffering with back pain. We're very proud to have Capt. Theiss as a Med Dawg!"

Before taking the AF CGO PT of the year award, Capt. Theiss was awarded the squadron and group CGO of the year awards for the Wolf Pack. In July, Capt. Theiss takes his skills and knowledge to his follow-on assignment at Royal Air Force Lakenheath, England.

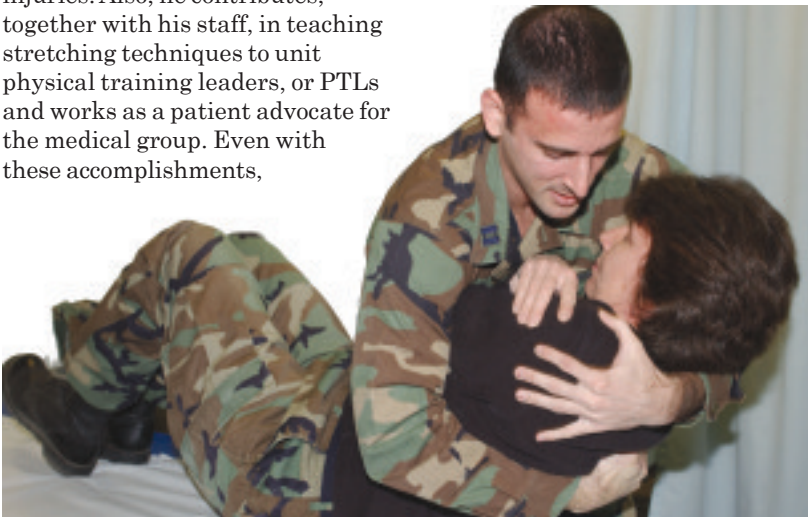
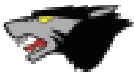


Photo by Senior Airman Joshua Garcia

Capt. Justin Theiss, 8th Medical Operations Squadron and 2005 Air Force Company Grade Officer Physical Therapist of the Year, assists a patient up during a treatment session recently.

### Congratulations to the graduates of Kunsan's first term Airmen's center



#### Airmen 1st Class

Tammara Davis  
Brandon Davis  
Ural Edwards  
Adam Evans  
Jesse Harris  
Roderick Lowhorn  
Erick Lee

Christopher Nelson  
Nicholas Piecuch  
Brent Schneider  
Teri Sorenson  
Ben Teats  
Nick Tessin  
Edward Thorne  
Matthew Walker  
Gregory Whitlow

#### Airmen

Antonio Evangelista  
Keiyin Cheng  
Domonique Ezell  
James Kohles  
David Rose

## IN THE TRENCHES ... What does St. Patrick's Day mean to you?



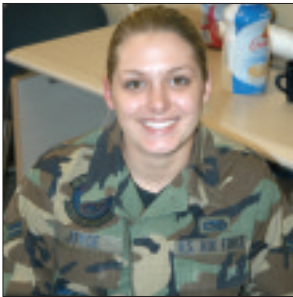
Staff Sgt.  
Priscilla Anderson  
"Wearing a lot of green so I don't get pinched."



Staff Sgt. Jon Deboy  
"Having the opportunity to have a good time with friends."



Tech. Sgt. Chris Osby  
"Festivities, fun and a positive atmosphere."



Airman 1st Class  
Amanda Joyce  
"It's a time to celebrate and have a good time."



Senior Airman  
Marketrice Smith  
"Fun, food, four-leaf clovers, leprechauns and drinks."